

Healthy Ecosystem Resources

Sleep Hygiene Tips

([Therapistaid.com](https://therapistaid.com))

- ✓ **Set a schedule.** Establish a regular sleep schedule every day of the week. Don't sleep in more than an hour, even on your days off.
- ✓ **Don't force yourself to sleep.** If you haven't fallen asleep after 20 minutes, get up and do something calming. Read a book, draw, or write in a journal. Avoid computer, TV, and phone screens, or anything else that's stimulating and could lead to becoming more awake.
- ✓ **Avoid caffeine, alcohol, and nicotine.** Consuming caffeine, alcohol, and nicotine can affect your ability to fall asleep and the quality of your sleep, even if they're used earlier in the day. Remember, caffeine can stay in your body for up to 12 hours, and even decaf coffee has some caffeine!
- ✓ **Avoid napping.** Napping during the day will make sleep more difficult at night. Naps that are over an hour long, or those that are later in the day, are especially harmful to sleep hygiene.
- ✓ **Use your bed only for sleep.** If your body learns to associate your bed with sleep, you'll start to feel tired as soon as you lie down. Using your phone, watching TV, or doing other waking activities in bed can have the opposite effect, causing you to become more alert.
- ✓ **Exercise and eat well.** A healthy diet and exercise can lead to better sleep. However, avoid strenuous exercise and big meals for 2 hours before going to bed.
- ✓ **Sleep in a comfortable environment.** It's important to sleep in an area that's adequately quiet, comfortable, and dark. Try using an eye mask, ear plugs, fans, or white noise if necessary.

Belly Breathing

1. Sit or lie flat in a comfortable position.
2. Put one hand on your belly just below your ribs and the other hand on your chest.
3. Take a deep breath in through your nose, and let your belly push your hand out. Your chest should not move.
4. Breathe out through pursed lips as if you were whistling. Feel the hand on your belly go in and use it to push all the air out.
5. Do this breathing 3 to 10 times. Take your time with each breath.
6. Notice how you feel at the end of the exercise.

Coping with a Panic Attack

- Begin deep breathing exercises
- **Slowly look around and find...**
- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell (or smells you like)
- 1 emotion you feel

Pleasant Events

Meditating

Taking a warm bath

Reading a book

Watching TV

Playing a game

Call a friend

Sing

Listen to music

Draw or doodle

Stretch

Write a card to a friend

Walk downtown and
have a tea

Play frisbee with a
friend

Volunteer at the
humane society

Eat a favorite food

Sit outside and people
watch

Exercise

Clean your room

Sing (even if you think you
can't)

Watch the birds

Make a list of hopes /goals

Start a journal/diary

Play a game of pool

Go for a hike

Plan a dream vacation

Research places to live

Go to the library and
browse

Light Therapy Program

- Shorter daylight hours and less sunlight exposure can trigger biochemical imbalance in the brain.
- Light therapy: Crane and Crumb Libraries- Free checkout for students for two weeks at a time



Additional Trainings

- * **AAA Mental Health**- An advanced training about the most common mental health disorders seen on our campus, how to begin helping conversations, and what coping skills/resources are available.
 - * **Race-Based Traumatic Stress**- A training that assist participants with understanding the historical underpinnings of modern-day racial trauma as well as how to support themselves and one another
 - * **Neuroscience of Self-Care**- Details the simple neuroscience behind common self care behaviors and how to maximize your mental health.
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- **Diversity Trainings**- Dr. Richardson Melecio- Vice President/Chief Diversity Officer

* DENOTES H.O.P.E. INITIATIVE TRAINING

Campus Resources- Numbers

- Counseling Center- 315-267-2330
- Student Health Services 315-267-
- Mental Health Counseling Services of Northern New York (Potsdam)- (315) 268-0264
- St. Lawrence County Mental Health Clinic (Canton)- 315-386-2167
- St. Lawrence County Chemical Dependency Services (Canton)- 315-386-2189

Community Resources- Numbers

- County Crisis Hotline (formerly Reachout)- 315-265-2422
- Canton-Potsdam Hospital (Behavioral Health Dept. - Potsdam)- 315-265-3300
- Mental Health Counseling Services of Northern New York (Potsdam)- (315) 268-0264
- St. Lawrence County Mental Health Clinic (Canton)- 315-386-2167
- St. Lawrence County Chemical Dependency Services (Canton)- 315-386-2189
- United Helpers: Canton (Behavioral Health- Canton)- 315-386-0264
- Community Health Center of the North Country (Canton)- (315) 386-8191
- Ogdensburg Wellness Center- (315) 394-0101
- Potsdam Police- 315-265-2121

State/National Resources

- 988- National Suicide Prevention Lifeline (NSPL)
- Crisis Text Line: Text HOME to 741741
- Trevor Project (LGBTQ+ support): 866-488-7386 or text START to 678678